

## Funny kind of treatment

Alice Hortop BSc OT, PGcert HE,

PG Cert Mentoring, PG Dip Professional Studies



### Biography:

I have been a Senior Occupational Therapy Lecturer at the University of the West of England (Bristol) for the last four years. I maintain my clinical skills through working in local health care settings during my annual leave and facilitating our new graduates to volunteer in Croatia during the summer. I am a complete laughter addict and anorak, I have been researching everything related to therapeutic use of humour and laughter for the past twelve years. I am writing a book on this subject, perform stand up sporadically and have recently completed my NLP practitioner training which I am now applying to the therapeutic use of humour and laughter. I adore being mischievous and luckily I generally have the research to justify this!

### Abstract:

Fancy exploring an exciting, free, adaptable and incredibly accessible health resource suitable for virtually all clinical fields? Sounds too good to be true? This presentation aims to inspire how we can fully harness the therapeutic use of humour, smiling and laughter in all our environments, for ourselves, our colleagues and our clients! We will delve into the science of humour, smiling and laughter, their purpose physiologically, emotionally and psychologically. You will share in brief case studies and treatment examples demonstrating how this treatment can be channelled to meet different therapeutic goals and hopefully this will practical ideas that you can take away to use or adapt for your practice. We will discuss the pitfalls of using humour and how to ensure that it is utilised successfully.